



## HMH-463 Commanding Officer's Policy on Substance Abuse

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***The Marine Corps has a zero tolerance policy for substance abuse.***

Substance abuse is contrary to the Marine Corps mission and our Core Values and will be dealt with swiftly and effectively.

The wrongful use, possession, manufacture, distribution of illegal or banned substances is absolutely prohibited. This includes all forms of illegal drugs, synthetic marijuana such as 'spice', and other synthetic substances used to induce intoxication, excitement, or stupefaction of the nervous system. Prohibited substances also include all forms of non-prescribed anabolic steroids and use of medications prescribed for others.

Substance abuse degrades our judgment and often leads to other crimes and misconduct such as sexual assault, domestic violence, suicide, hazing, and motor vehicle mishaps to name a few. All Marines must be aware of the warning signs of substance abuse and step in to prevent a fellow Marine from making the wrong choice.

Alcohol abuse is also considered a form of substance abuse. Alcohol use becomes abuse when your consumption of alcohol begins to adversely impact aspects of your life. Alcohol is often involved in the misconduct listed above. Marines must make sound decisions to reduce risk when alcohol is involved. Using a designated driver, using the DASH card, having a liberty buddy, and eating before consuming alcohol are just a few ways to lower your risk of having an alcohol related incident.

Leaders at every level are charged with setting the example and with mentoring their Marines on the dangers and consequences of substance and alcohol abuse as well as the many programs and options to prevent incidents and get help to troubled Marines.

Marines at risk shall be monitored through the force preservation council, and Marines with problems shall seek help from or be referred to the Pegasus SACO for assistance.

Semper Fidelis,

R. P. MATYSKIELA

LtCol, USMC

Commanding Officer